



Program Summary

Date	Section & Activity	Meeting Place	Time	Registration Contact
Wednesday 17 Apr to Monday 22 Apr	New Explorers: Stalactite or Stalagmite II – find out the difference English	Hanoi Railway Station, main gate at 120 Lê Duẩn St	4 days/ 6 nights	John lefthanded2hanoi@yahoo.com
Saturday 20 Apr	Traditional Medicine: Simple solutions for summer English	House No.16, Lane 12 Đặng Thai Mai St, Tây Hồ Dist	3:00 PM (2 hrs)	Trà My trmy.nguyen@gmail.com
Wednesday 24 Apr	City Walk: Ngũ Xá Island, the bronze-making village, and Quán Thánh Temple English	Part 1: In front of Đúc Đồng Ngũ Xá shop, 178 Trần Vũ, on Ngũ Xá Island Part 2: Phở Cuốn sidewalk diner at the corner of Nguyễn Khắc Hiếu and Ngũ Xá	Part 1: 9:30 AM (2.5 hrs) Part 2: 1:00 PM (2 hrs)	Roman Szlam FVH.CityWalks.English@gmail.com
Friday 26 Apr	City Walk: Hoàn Kiếm lake Japanese	In front of the main gate of Đền Ngọc Sơn Temple, Đinh Tiên Hoàng St	9:30 AM (2 hrs)	Keiko Inoguchi herijapan@yahoo.co.jp

Friends of Vietnam Heritage (FVH) is a non-formal group of mainly Hà Nội residents from many countries who work voluntarily to promote and preserve Vietnamese cultural and historical heritage. With a cadre of dedicated volunteers and limited financial resources, FVH is proud to offer an array of events like those listed above and detailed on the following pages.

Due to financial obligations incurred by FVH while planning events, please register for events in advance as space is limited. If you must cancel fewer than 24 hours before the event, or if you do not show up, you are kindly requested to pay the event fee.



Program Details

New Explorers:

Stalactite and Stalagmite II – find out the difference

Wednesday, 17 April, 4 days / 6 nights

(English)

ĐỒNG HỚI/PHONG NHA KÊ-BÀNG NATIONAL PARK TRIP

Wed, 17 Apr: Hà Nội – Overnight train to Đồng Hới city

10:55 pm: Overnight train to Đồng Hới city

Thu, 18 Apr: Đồng Hới arrival – Phong Nha cave

8:00 am: Arrive in Đồng Hới city

Breakfast at QB Restaurant (not included in fee for trip)

Bus to comfortable Saigon-Phong Nha Hotel near park – shared occupancy

5 km river boat trip to Phong Nha cave

Late lunch (not included)

Free time (explore market, bike ride, relax)

Dinner at local restaurant (not included)



Fri, 19 Apr: National Park

7:00-8:00 am Breakfast (included)

National Park Rescue Center

National Park Semi-Wild Area

Bag lunch (included)

National Park Botanical Gardens

National Park forest walk

Dinner at local restaurant (not included)

Saigon-Phong Nha Hotel near park – shared occupancy



Sat, 20 Apr: Paradise cave – Eco-trail

7:00-8:00 am Breakfast (included)

Paradise Cave (immense cave tastefully lit with long boardwalk to view the many magnificent stalactites and stalagmites)

Lunch by the river at Nước Mooc Eco-Trail (included) (drinks not included)

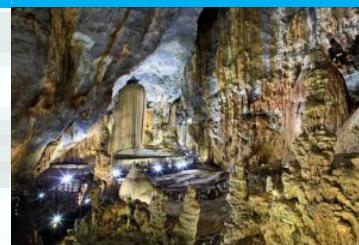
Walk/swimming at Eco-Trail

Visit to ornately painted village Catholic church

Bus to Đồng Hới

Dinner at local restaurant (not included)

Tan Binh Hotel room (3-star shared occupancy)



Sun, 21 Apr: Đồng Hới city – Overnight train to Hà Nội

Breakfast (included)

Optional activities - market, beach, sand dunes (not included)

5:00 pm: End-of-trip dinner (included)

8:00 pm: Overnight train to Hà Nội

Mon, 22 Apr: Hà Nội arrival

5:00 am: Arrive in Hà Nội.



Physical challenges: Please note there are some physically difficult parts to this trip and it is important that participants are physically fit and accustomed to climbing and walking.

There are a lot of stairs to climb and then descend, both indoors and out, particularly related to access to the Paradise Cave. There is also a one kilometer walk to get to the base of the hike and stairs up to the cave.

The heat: The days are quite warm, 25 to 32 C and humid, 75 to 78 % this time of the year.

Boat travel: We will be traveling sometimes by small boats and walking on small bridges over waterways and entering an area of Viet Nam where not all amenities are always available.

If you are interested in joining FVH's New Explorers group on their trip to PNKB NP please send your name(s) and email address soonest to: **John** at left-handed2hanoi@yahoo.com

We will then send full details of the trip and the costs to you.

We must limit our group to 15 participants – train and hotel reservations must be made well in advance, so please contact us as soon as possible –

Our deadline for registration is Monday, 8 April.

This is a wonderful trip for older children but our experience on the first trip in 2008 was that it is too rigorous for those less than 12 years of age. This trip is also a day longer than the first one.

We look forward to hearing from you soon~!

Traditional Medicine:

Simple solutions for summer

Saturday, 20 April, 3:00 PM – 05:00 PM

(English)

The heat and humidity of summer is on the way. We will show you an easy-to-make Vietnamese meal that not only tastes good but helps take care of your health during Hanoi's long summer.

This special session will be run as a cooking class: you'll get hands-on experience as well as insights from Mrs. Biếu who shares her 20 years' experience in traditional medicine.

The menu:

Nem stuffed with oysters + mushrooms: give yourself a detox and alleviate blood pressure problems.

Vietnamese dessert (Chè): Chinese water chestnut + aloe vera. This provides much-needed hydration, helps your Yin-Yang balance and improves your skin.

Place: House No.16, Lane 12 Đặng Thai Mai St, Tây Hồ Dist (Private home - large kitchen, dining area and courtyard)

Cost: 200,000 VND

Limit: 10 people

Contact: Trà My, trmy.nguyen@gmail.com, Phone: 0914539591



Discover Hanoi City Walk:

Ngũ Xả Bronze Casting Village and Đền Quán Thánh – the temple of Trấn Vũ, Protector of the North

Wednesday, 24 April, 9:30 AM – 3:00 PM

(English)

Part 1, 9:30 - 12:00: Learn about bronze casting and its history in northern Vietnam, visit a “kitchen” foundry, see the largest single pour bronze statue in Vietnam – all on tiny Ngũ Xả island on the east end of Hồ Trúc Bạch.

12:00 – 1:00: We'll stop for lunch/refreshments.

Part 2, 1:00 – 3:00: Then, walk with us to discover Đền Quán Thánh, the very important, old, almost purely Taoist temple and its 3.7-ton 350-year-old bronze statue of Trấn Vũ, Hanoi's Protector of the North. On the way, learn about the history of Hồ Trúc Bạch.



Place: Part 1: 178 Trấn Vũ, in front of Đức Đồng Ngũ Xả shop, Ngũ Xả Island, *east end* of Trúc Bạch Lake

Part 2: Phở Cuốn sidewalk diner at the corner of Nguyễn Khắc Hiếu and Ngũ Xả

Cost: 70,000 VND each part

Limit: Part 1: 16 people – strict!
Part 2: 22 people

Registration: Roman, FVH.CityWalks.English@gmail.com, please leave your mobile phone number so we can contact you in case of any last minute changes.

Notes: Dress appropriately for the weather and use plenty of sunscreen as we'll be outside the entire time. Please bring comfortable walking shoes, sun hat, possibly an umbrella, and plenty of water. There will be places to sit down in the shade, and places for toilet and water breaks.

Discover Hanoi City Walk:

Hoàn Kiếm lake

Friday, 26 April, 9:30 AM – 11:30 AM

(Japanese)

We will meet in front of Ngọc Sơn Temple and start from there. It will be a two-hour walking tour of Hoàn Kiếm Lake and the surrounding area in Japanese. The temple, and other historical sites and places of interest will be included.



Place: In front of the main gate of Ngọc Sơn temple (on Đinh Tiên Hoàng street)

Cost: 70,000 VND

Limit: 8 people

Contact: Keiko Inoguchi, herijapan@yahoo.co.jp;

Please leave your mobile number so you can be contact in case of any last minute changes.

Notes: Bring a hat, windbreaker, possibly umbrella in anticipation of cold, damp, or rainy weather.



Get Involved, Volunteer!

Guidebook Coordinator

A newly created position within Friends of Vietnam Heritage, the aim of the Guidebook Coordinator is to improve the distribution of FVH guidebooks with the help of Thế Giới Publishers and FVH's Publishing Committee. The ideal candidate will be a volunteer who is knowledgeable in marketing and methods to increase sales and visibility of FVH's guidebooks, which are currently on sale at such locations as Bookworm, Văn Miếu, and various museum gift shops. The Coordinator will receive ample training to answer FVH questions during sales meetings and to present the FVH guidebook series. The Coordinator will be encouraged to help grow this position so it meets the evolving needs of the organization.

Main duties:

- Promotion, sales and marketing – Introduce FVH guidebooks to appropriate Hà Nội-area retailers and build on-going sales relationships. Present and discuss the guidebooks with interested groups and give presentations at FVH events
- Distribution – Monitor inventory at sales locations, replace stock as needed, and deliver new publications in a timely manner. Work with retailers to ensure FVH guidebooks are displayed prominently and are in good condition. Liaise with FVH Section Heads to ensure adequate stock is available for sale during their activities. Occasionally deliver gift items
- Submit monthly activity/accounting report to the Executive Committee. When possible, attend monthly Governing Council meeting (usually held on the first Tuesday of each month)
- Mentor an alternate Coordinator as a future replacement or as an additional team member in order to expand sales and distributions efforts



Compensation:

- FVH is a volunteer organization and, as such, all members work from home and receive no financial compensation.
- A small monthly stipend will be given to the Coordinator to help cover costs of motorbike fuel for purchasing, restocking and FVH deliveries.

Expected output: Increase distribution and new sales of FVH guidebooks

Estimated workload: 6-10 hrs per month

For more information: Please email John Reilly, left-handed2hanoi@yahoo.com

Films Co-Section Head

Main duties:

- Help choose a film for monthly viewing
- Assist the Section Head to set up a speaker to pair with the film (director, producer, actor, special speaker, etc)
- Schedule time and date with Cinematheque
- Submit information for the newsletter and calendar
- Keep track of sign ups
- Send reminders to all who sign up for the activity
- Check-in attendees and collect money for activity
- Contribute to the monthly section report and financial report for the activity
- Attend monthly council meeting when the Section Heads is unavailable
- Supports the Section Head with other FVH tasks upon request

Expected output:

- One program per month (except during summer months)

Estimated workload: 8 hrs per month

For more information: Please email fvheritage@gmail.com





Museum Spotlight

Vietnam Museum of Ethnology

Bảo Tàng Dân Tộc Học Việt Nam

Nguyễn Văn Huyền Road, Cầu Giấy, Hà Nội

Tel: (84-4) 3756-2193

Email: vme18@vme.org.vn

www.vme.org.vn

Bus Routes: 7, 14, 27, 28, 30, 38, 45

Hours: 8:30 AM - 5:30 PM daily except Mondays

Ticket Price: 25,000 VND for regular admission
5,000 VND for children and students
Free for children under 6 years of age and people of Việt Nam ethnic minorities

Tour Prices: 30,000 VND for tours in Vietnamese, 50,000 VND in French and English

Water Puppets: Performances every Saturday and Sunday at 10:00 AM, 11:30 AM, 2:30 PM and 4:00 PM. Show tickets are 40,000 VND for adults, 10,000 VND for children, children under six are free, 15,000 VND for student. This fee is in addition to the regular museum entrance fee and goes directly to the puppet troupe. After the performances there are opportunities to talk to the artisans about traditional puppetry in Việt Nam. The performance is held

in the outdoor exhibition space. Special performance for private parties and events can be arranged.



"Oblique Points of view" Exhibition is currently on display at the Vietnam Museum of Ethnology.

"Oblique Points of view" Exhibition

This exhibition is the result of an effective collaboration between Valdemarne Province (France) and Yên Bái Province (Vietnam) information departments with the Vietnam Museum of Ethnology. This event is meant to promote, maintain, and conserve the variety of cultures of the two provinces. There are two sections "Nature" and "Human".

Period: until June 16th, 2013



Hanoi Museum **Bảo Tàng Hà Nội**

Phạm Hùng Street, Từ Liêm

The first two floors of the Vietnam National Museum of History house a permanent collection of bronzes, photos, plants, pottery and miscellaneous artifacts, along with a small cafe and shop. At the entrance to the second floor exhibits there is magnificent silk embroidery. The third and fourth floors are still under development but currently display an extensive temporary collection of ceramic pieces from 1000BC to the 20th Century, Đông Sơn drums and both metal and stone tools.

This new museum is completely wheelchair accessible. There is a ramp on the left of the stairs leading to the front door and a circular ramp spirals to each of the four floors. There is also an elevator.

Items are labeled in both Vietnamese and English and are well lit and displayed. Groups are welcome.

Location: Next to the Conference Center near the Mỹ Đình National Stadium
Hours: 8:30-11:30 AM, 2:00-4:30 PM. Closed on Mondays.
Admission: Free until further notice. English Translator available, donation requested
Bus Routes: 5, 29, 33, 39, 44, 50



Vietnam Museum of Fine Arts **Bảo Tàng Mỹ Thuật**

66 Nguyễn Thái Học, Tel: (84-4) 3823-3084
www.baotangmythuat.vn

Bus Routes: 2, 18, 23, 25, 27, 32, 34, 38, 39, 41, 45, 50
Hours: 8:30 AM – 5:00 PM daily
Ticket Price: 20,000 VND for adults
7,000 VND for students and children under 12
FVH Liaison: John Reilly, left-handed2hanoi@yahoo.com

The Vietnam Museum of Fine Arts has an excellent collection of the following:

- Fine arts in the early historic times, pre-11th century
- Religious art
- Fine arts from 11th to 19th century
- Paintings and sculptures from the 20th century
- Lacquer paintings
- Paintings on silk
- Applied decorative arts
- Vietnamese ceramics from 11th to 20th century



"The Great East Japan Earthquake Press Photo"
Exhibition is currently on display at the Vietnamese Museum of Fine Arts

The exhibition marks the second anniversary of the Great East Japan Earthquake, offering an opportunity to both remember the earthquake and tsunami that devastated the Tohoku region and gain a sense of the progress made towards recovery. The exhibition will be held from 27 Feb til 04 Mar, 2013



The Vietnamese Women's Museum
Bảo Tàng Phụ Nữ

36 Lý Thường Kiệt, Tel: (84-4) 3825-9936
www.baotangphunu.org.vn

Bus Routes: Any bus that runs on Lê Duẩn,
Hai Bà Trưng, or Trần Hưng Đạo
Hours: Daily from 8:00 AM - 4:30 PM
Ticket Price: 30,000 VND for Expats



"Exploring Singapore, Colors of Heritage" Exhibition is currently on display at the Vietnamese Women's Museum.

The National Museum of Vietnamese History
Bảo Tàng Lịch Sử

1 Tràng Tiền Street,
Tel: (84-4) 3824-1384 / 3825-7753
Email: banbientap@nmvn.org.vn
www.baotanglichsu.vn

Bus Routes: 2, 3, 4, 9, 11, 23, 34, 36, 40, 45
Hours: 8:30 AM – 11.30 AM & 1.30 PM - 4:30 PM
(daily except Monday)
Guided tours: Available on request

Guide Contact: Mrs Nguyen Thu Hoan, Deputy of Exhibition
and Education Department, office: (84-4)
824-1384, mobile: (84) 094-536-8086
tuyentruyenbt@baotanglichsu.vn

Ticket Price: 20,000 VND for adults
10,000 VND for students
2,000 VND for children

Photo/Video Charges:

Video: 800,000 VND per day if showcases are opened; 400,000 VND per day if showcases are not opened
Research photographs: 20,000-600,000 VND per day (depending on needs)
Personal video: 30,000 VND
Personal camera: 15,000 VND



"Vietnamese Ancient Lamps" Exhibition is currently on display at the Vietnam National Museum of History

"Vietnamese Ancient Lamps" Exhibition

Coming to the exhibition, viewers will be able to get a close look at 50 specific artifacts of the ancient lamp collection from 2500 years ago to the early of the 20th century. The lamps were designed elaborately and subtly in a variety of materials, styles, and dimensions and they were especially selected for this exhibition for their aesthetic and art values along with their usability. Of special note is a bronze human and animal-shaped lamp (made 2000 years ago) which was designated as one of the National Precious Artifacts of the museum by the Prime Minister on 1 October 2012..

Period: until May 31st, 2013



Publications

Friends of Vietnam Heritage produce a number of publications. All publications are **60,000 VND**. If you would like to purchase any of these books just contact FVH at fvheritage@gmail.com. Books are also sold at all FVH events or at Bookworm.

1. Bạch Mã Temple Guidebook (White Horse Temple)

Learn about King Lý Thái Tổ's dream and why the temple honors the White Horse Deity. This guidebook offers detailed information on the history of Bạch Mã Temple on Hàng Buồm Street, including temple layout, translation of panels written in Chinese characters, as well as information about the symbolism used in the temple. The guided walk contained at the end of this guidebook provides an opportunity to explore and experience some of the same streets where the craft guilds and merchants set-up within the third enclosure of the citadel.

Published 2001

2. Quán Thánh Temple Guidebook

This publication details the legends of Huyền Thiên Trấn Vũ, also known as the 'genie who guards the Dark Heaven.' This guidebook contains detailed information on the history of Quán Thánh Temple, as well as translations of the many parallel sentences and poems on the walls and columns of this magnificent Taoist Temple. A walking tour of the bronze-casting village of Ngũ Xã, with its Chùa and Đình and the enjoyable atmosphere around Trúc Bạch Lake is included.

Published 2002, reprinted 2008

3. Trấn Quốc Pagoda Guidebook

The Trấn Quốc Pagoda on Thanh Niên Road was founded some 1400 years ago, and it is one of the most ancient Buddhist pagodas in Hà Nội. Nestled between West Lake and Trúc Bạch Lake, the pagoda is considered a magnificent symbol of Buddhism in Việt Nam, and is one of the most visited sites in the capital. This guidebook covers the history of Buddhism, the temple layout, and describes in detail the different areas of the pagoda. A fascinating publication, which includes especially commissioned drawings and photographs.

Published 2003, reprinted 2006

4. Phủ Tây Hồ Guidebook (West Lake Palace)

Have you ever wondered who these doll-like statues in glass cabinets, in blue, white, red or green attire may be? Phủ Tây Hồ at the far end of the Tây Hồ peninsula is the most impressive pagoda dedicated to the cult of the Mother goddesses in Hà Nội, an indigenous cult that seems to permeate the lives of all Vietnamese women in varying degrees. The guidebook describes in detail the complex itself, then discusses the religion of the Mother goddesses, including its philosophy, pantheon and rituals.

Published 2004

5. Lãn Ông Street Guidebook (Traditional Medicine Street)

Traditional medicine is very much alive on this particular street of the Old Quarter. This guidebook not only describes the area in its historical context and current set-up, but also offers information on a variety of Vietnamese herbal teas for the health conscious as well as a comprehensive pictorial of Lãn Ông Street.

Published 2005, reprinted 2005



6. Bát Tràng Traditional Pottery Village: A Self-Guided Walk

This guidebook focuses on the old section of the pottery commune of Bát Tràng, a village with a long history hitherto unknown to many outsiders. The guidebook is based on a self-guided walk. There are three different circuits lasting from 45 minutes to two hours, all shown on a map.

Published 2006, reprinted 2009

7. Hoàn Kiếm Lake, its Legends and Temples: A Self-Guided Walk

The area around Hồ Hoàn Kiếm represents the physical heart and spiritual soul of Hà Nội. Continuing the tradition of FVH to promote the understanding of Việt Nam's history and culture, this guidebook focuses on the history and legends, the temples and pagodas surrounding the lake. Also included is information on the large Báo Ân Pagoda complex, which was razed between 1886-1889 and left only the Hòa Phong tower still standing today.

Published 2007

8. Vignettes of French Culture in Hà Nội

This guidebook provides an insight and appreciation of the influence on Hà Nội of the French colonial period from 1873 until 1954. The three guided walks contained in this guidebook provide an opportunity for the reader to explore and experience aspects of what the people of Hà Nội have absorbed and made their own as a result of eighty years of French presence in their city.

Published 2008

9. Hồ Tây – Walks Around West Lake

Hồ Tây continues to inspired writers, artists and photographers with its beauty, history, culture and religious aspects, but it also provides for its local residents a source of fish, water and a rich soil to cultivate a variety of plants and vegetables. This guidebook covers the legends of the lake, as well as its history and future plans for this rapidly expanding part of Hà Nội. Included are five self-guided walks identifying those places of interest both old and new around the entire West Lake shore.

Published 2009

10. Văn Miếu Walking Tour (Temple of Literature)

This guidebook introduces visitors to the Văn Miếu, or the Temple of Literature, one of the foremost architectural treasures of Việt Nam and its capital city Hà Nội. The Văn Miếu - Quốc Tử Giám ranks third in Việt Nam's register of national historic sites. A leafy oasis in the centre of the bustling city, it is a magnet for the citizens of Hà Nội and for visitors to the city who wish to spend a quiet moment contemplating its rich past. This guidebook contains a history of the school and the temple, a description of each courtyard and its meaning as expressed through its architecture, translations of all the plaques, as well as quick guides to Confucianism and the Royal Examinations

Published 2010



Resource Center

Hanoi City Library Thư Viện Hà Nội 47 Bà Triệu, 4th floor Hà Nội, Việt Nam

The Friends of Vietnam Heritage's Resource Center is on the 4th floor of the Hanoi City Library (Thư Viện Hà Nội), located on the corner of Trần Hưng Đạo and Bà Triệu streets. The FVH collection includes books and journals that focus on Vietnamese art, history and culture.

In order to access the collection you need to get a Reader's Card. Go to the office (just inside the main entrance of the library), fill out a simple form, and attach one photograph. You'll also need to show your passport and pay an annual fee of 22,000 VND. After becoming a member, show your card whenever you go in.



The FVH collection is for reference only. You cannot remove the books from the library. Please note that the Reader's Card does not authorize the holder to borrow other books from the main library. If you want a Borrower's Card for checking out non-FVH books, you will need to fill out another form to receive one.

Library Opening Times: Every day Monday to Friday except Thursday morning of the first and third week of the month. Daily times: 8:00 AM – 12:00 PM and 1:30 – 5:00 PM. Closed on weekends and national holidays.

Moving?

Say goodbye to FVH by leaving us your gently-used books about Việt Nam. Your donation will be added to our reference collection, housed inside the FVH Resource Centre, Hanoi City Library. Contact John Reilly (lefthanded2hanoi@yahoo.com) to arrange donation. Your books will be enjoyed by many people for years to come—thank you!



The Last Page

Friends of Vietnam Heritage (FVH) is a non-formal group of mainly Hà Nội residents from many countries, including Việt Nam. FVH's purpose is to enjoy, enhance and deepen the understanding of Việt Nam's cultural and historical heritage and thereby help with its preservation. There is no membership fee to join.

- Website:** www.fvheritage.org
Bookmark the Friends of Vietnam Heritage website where you will find the monthly program and further information about FVH, including a photo page and links.
- Email:** fvheritage@gmail.com
Address all correspondence to the Friends of Vietnam Heritage email address.
- Program:** To receive our free monthly program, please send an email to fvheritage@gmail.com.
- Participation:** Our programs are open to all people. FVH programs and events are in English or translated into English, unless noted otherwise.
- Volunteering:** If you are interested in serving on the FVH Governing Council or in volunteering for a specific section, please send an email to fvheritage@gmail.com. Also visit the "Get Involved" section of our website for current volunteer openings. FVH does not have an office, so all volunteers work from home.
- Council Meetings:** The FVH Council usually meets every first Tuesday of the month at the Fine Arts Museum. However, times and dates may change. Everyone who receives this program is welcome to attend the meetings as an observer. If you are interested in attending, please email fvheritage@gmail.com to verify date and time.
- Executive Committee:** John Reilly - Chair;
Roman Szlam - Vice Chair; Helen Whitle - Secretary

Student Invitation

FVH would like to invite Vietnamese students to join our events for half of the activity cost. Please contact the event coordinator to reserve a place (subject to availability, as determined by the coordinator). Students are required to present their current student identification card.

Off the Record, Disclaimer

All FVH activities, especially the lectures and discussions, are considered "off the record" and as such, may not be quoted in the press or other format. Exceptions will only be considered when proper requests for permissions and arrangements have been made beforehand with FVH and the individual speaker. In addition, all statements made during FVH programs belong to the individual presenter(s) and as such do not reflect the views or opinions of the organization, council or members of FVH.

HOPE TO SEE YOU AT OUR EVENTS!

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